

Feng Shui for Beginners

An Honors Thesis (HONRS 499)

by

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A handwritten signature in black ink, appearing to read "Dale Potts", with a stylized, cursive script.

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Abstract

The art of Feng Shui has been practiced for thousands of years. It has been incorporated into multiple cultures, countries, and viewpoints. Although many different versions and varieties of this ancient practice exist today, there are many basic points that can be used to benefit the everyday lives of people all across the world. Today, Feng Shui is integrated into multiple design practices. In fact, many people may practice Feng Shui principles without realizing it. Through our magazine, *Feng Shui for Beginners*, we combined the basic components of Feng Shui into an informative, comprehensible and easy to follow guide. We hope that with this booklet, readers will be able to improve their lives and learn to live in better harmony.

Acknowledgements

-We would like to thank Dale Potts for his help, support, and guidance that he willingly gave to this process.

-We would also like to thank the whole Interior Design department for the knowledge of design and creativity that they have instilled in us.

-Finally, we would like to thank the Honors College for all of its support of interdisciplinary learning. This project was a meaningful collaboration of the different concepts and ideas learned during our four years at Ball State University.

feng shui

for beginners

Create
the **perfect**
Garden

Discover
how to improve
your **health!**

Learn the **basics**
for designing every room
in the house

Learn easy tips
that fit **your**
lifestyle

Are you lacking one
of the 5 Elements?
Take our quiz to find out!

editors



As a graduating senior from Ball State University's Honors College, I have been fortunate to learn multiple new lessons and concepts. In this final capstone project, Emily and I have worked hard to bring together our knowledge of other cultures, expertise in design, and practical skills to create an informative and exciting presentation on the art of feng shui.

My four years as an Honors student studying design at Ball State University have helped me to integrate knowledge from different fields to develop an understanding and appreciation for different ideas, cultures, and viewpoints. The study and research of feng shui has provided me with a great opportunity to combine this appreciation of other cultures with my passion and love of design.



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The history of Feng Shui is almost as mysterious as the practice is to those who have never studied it before. While records prove that Feng Shui has been around for thousands of years, the exact start of this art of placement is not precisely known.

Perhaps the most popular and beloved story of the start of this practice is that of the tortoise who's shell provided the secrets to balance and order. It is believed that long ago two men found a tortoise who's outer shell was perfectly divided into nine sections. Each of these sections held a certain number of dots on them. These dots in each row of squares on this animal's back all formed the same number, 9. From this, it is believed that philosophers began to create what is now known as the ba-gua and formed the



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basis of Feng Shui from this.

More widely accepted as being the true start of feng shui is the historical data suggesting that the advisor of the Tang Dynasty was the founder of feng shui. This individual was Master Yan Yun-Sang. It is believed that he is responsible for creating a large amount of the ancient texts that teach the practice of this ancient art. In fact, it is this set of documents that Yun-Sang wrote that

are now the basis for nearly all modern books on feng shui.

During the time of Master Yan Yun-Sang, those who knew the principles of feng shui were considered extremely educated and even held positions within the courts. These men were known as learned mandarins. Before taking on any practice, the mandarins would carefully study those

that they worked for and used information regarding their births in order to determine how to best build and plan any structure that their clients may be living in or using as a place of work. Such care was taken

pass and landscape, these scholars would ensure that the location and positioning of any new buildings or cities were in the best possible place.

Just as it was in the time of Master Yan Yung-Sang, feng shui is still widely practiced today. The city that still carries on the tradition far more than others is Hong Kong. When purchasing a home in this city, it is as com-

auspicious heavenly influence,
beneficial topography,
harmonious human actions.”

-a description of feng shui from ancient texts as seen
in The Complete Illustrated Guide to Feng Shui

in order to provide the best possible results from feng shui possible and to ensure health and prosperity. Furthermore, these men were also responsible for helping to plan some of the more major pieces of their society. For instance, the mandarins were consulted whenever a new palace needed to be constructed or a new city location was determined. By carefully studying the com-

mon to higher a feng shui consultant as it would be to higher an interior designer in some parts of the United States.

Feng shui has had a long and mysterious history, but what is clear is that the practices of this ancient art have changed little over the years. From the first writings of Master Yan Yun-Sang, feng shui has become an integral part of countless homes and offices.

FACTS Feng

Today 2,000 to 3,000 different books have been written based on the original writings of Master Yan Yun-Sang.

Feng shui spread to Taiwan when General Chiang Kai-shek left China during 1949 in an attempt to run from the Communists that were filling his country. When he fled to Taiwan, he brought with him several ancient texts on the art of feng shui.

In ancient studies of feng shui, animals such as tigers and dragons really referred to landforms such as hills and valleys.



What's your style?

Though feng shui may seem like an ancient, structured practice, there are numerous ways in which someone can incorporate feng shui into a modern home. Deciding to practice this sacred art of placement does not necessarily mean that you need to forgo your favorite pieces of decor or completely rearrange your home. It also doesn't mean following every rule of traditional feng shui. In order for you to better harmonize your life it is important to find a method or style of feng shui that works for your lifestyle. Based on your preferences one of the four methods for practicing feng shui is sure to fit your needs.

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practical feng shui

Practical feng shui is for those who do not wish to rearrange their entire home or change their decor to a more oriental style because they choose to practice feng shui. The principles of feng shui still work even if a person chooses not to use the traditional methods and symbols of this practice.

When trying to better harmonize one's home, there are several modern changes that can be made. Often, these are ones that would make

sense for most people even if they are not trying to feng shui their house. The book, *Feng Shui Your Life*, by Jayme Barrett explains this concept best. In this book, she notes that "Chinese red firecrackers are used to attract attention and to lift your reputation, yet a red candle or a red bulb inside a lamp will create the same energy effect." As long as a person places an item with a similar color and with a clear intention of its purpose, such as to help boost energy or to achieve harmony, it will likely have the same effect as the origi-

nal cures in ancient practices.

Other aspects of practical feng shui include more obvious solutions to common problems. First, and one of the most important steps to improve the energy in your home, is the elimination of clutter. Not only will your home be more clean but your mind will also feel more free and open as well. After you have cleared out all of the clutter, make sure to leave room for new items that you may obtain in the future. This helps promote new growth in one's life. Next, make sure to always keep your cur-

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tains open. Sunlight helps to strengthen and energize stale ch'i. Finally, make sure to always bring in a little of the outdoors in order to achieve total balance and harmony. This could mean having a small potted plant in each room, opening windows to the outdoors, or even bringing in goldfish.

By making a few small changes in your home and using intentional placement when deciding where decor should go, you can improve the energy of your home. These simple tricks can keep your home modern while still following an ancient practice.

symbolic feng shui

In feng shui, the home is part of who the individual is. This space is a reflection of where you have been, what you have become and where you are going. Every object that fills the interior of one's house represents the owner in some way and possesses an emotional attachment to that person.

If you are one who feels depressed, overwhelmed, or completely lost in your home, or even in just one room, it is time that you take a look at what is in that space and how it relates to you. It is critical to know and understand the past of any piece of decor or object in your space.

All objects come with a history and associate a memory. It is up to you to determine if these objects are holding you back because they are part of a past that no longer reflects your future or if they help to propel you to the places you want to go. Likewise, you must

decide if these objects bring to mind positive, cheerful images, or simply bad memories that are better forgotten.

If certain items you owned were given to you by ex-boyfriends or girlfriends that no longer are a part of your life, then these possessions are holding you back. In these situations, they contain negative energy and can prevent you from moving forward. Likewise, if an item reminds you of better health, future goals, or relaxation, then these are items that are worth emphasizing in your space.

By clearing away objects that are associated with negative memories, you will drastically improve the way you feel and react to your home. Not only that, but you will also improve your health and reflect a more positive image of yourself to others.

energetic feng shui

Similar to symbolic feng shui, energetic feng shui revolves around the basis that everything possesses its own energy field. This follows along with several of the principles of yin and yang which can also be referenced in this magazine.

Most likely if you are looking into feng shui, you are hoping to create healthy energy in your home. Energy that is strong and vital is constantly moving like a river. Placing objects that encourage this movement will help to improve the overall space and will aid in preventing poor health and financial trouble. Possessions such as wind chimes are notable for their ability to help ch'i circulate throughout the

space. Simply placing these in a room can make a significant difference. Other items such as small fountains mounted to a wall or even placed on a table help to move ch'i.

Placing these objects in the space with the intent that they will help enhance the quality of the chi in your space is a simple and effective step to feng shui your house.

personal feng shui

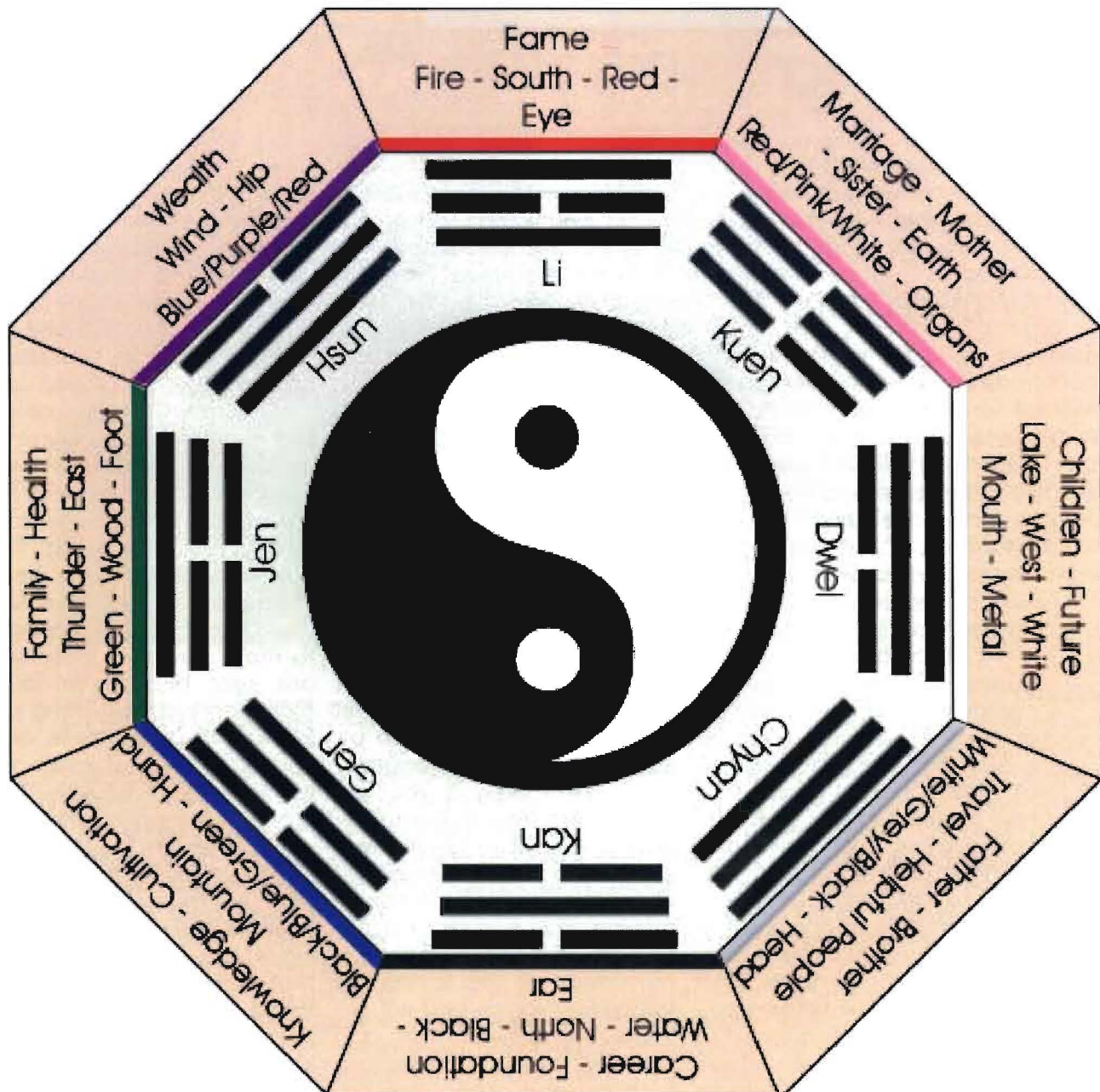
This last part of feng shui does not deal necessarily with the interior of one's home or living space. It focuses on the energy field or aura that surrounds every person and is necessary to understand before one can realize how feng shui relates to the body, mind, and spirit.

The Chinese believe that everyone's aura has seven centers where energy is based. These are called chakras and are located on the head down to the spine. These energy fields are responsible for the health of your organs and your emotions. As a result, it is important to make sure that these fields are kept healthy. Similar to other techniques in feng shui, in order to keep these areas healthy, you must make sure to clean them regularly. Stress is one of the components that can clutter up these fields so making sure to take time to relax is critical in maintaining your health. In addition to taking time to relax, some believe that more serious cleaning efforts need to be made. Feng shui stresses the healing powers of salt so it would also be wise to take a salt bath or to visit the ocean when a more critical cleansing is needed.

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Bagua

bā guà



“eight symbols”

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The bagua is an eight-sided diagram that is used as a map in feng shui. It's eight different sections specifically correspond to different areas of your life. Each of the sections is referred to as a "gua." Along with an area of your life, each gua refers to different colors, elements, directions, family members and areas of the body. The different areas are:

WEALTH & PROSPERITY <i>Purple, Blues, Reds</i>	FAME AND REPUTATION <i>Reds, Oranges</i> Fire Element	LOVE AND RELATIONSHIPS <i>Pinks, Reds, White</i>
FAMILY & PHYSICAL HEALTH <i>Greens, Floral, Stripes</i> Wood Element	SPIRITUAL HEALTH & WELL BEING <i>Yellows, Earth Tones</i> Earth Element	CHILDREN & CREATIVITY <i>White, Pastels</i> Metal Element
KNOWLEDGE AND WISDOM <i>Blues, Greens</i>	CAREER <i>Black</i> Water Element	TRAVEL AND HELPFUL PEOPLE <i>Grays, Silver</i>



Li is the gua that is associated with what you want to accomplish in this lifetime. It refers to a way that you want to be perceived or how successful you want to be in your societal roles. This gua is ruled by fire, and therefore is strengthened by the color red. Li oversees issues relating to the eyes, the middle daughter in a family, and the direction South.



Kuen is the gua that refers to the marriage ch'i, as well as any type of relationship. It even refers to the relationship that you have with yourself, making this a very influential gua. Kuen represents the color pink and the organs of one's body. It stands for the mother of a family and the direction Southwest.



This gua represents the future. It involves things in our life that we "give birth to." Dwei is associated with children and descendants, and thereby is also the gua of fertility. Dwei is also the gua of creativity. It represents the youngest daughter, mouth and teeth, is ruled by metal, the color white, and the direction West.



The gua Chyan represents two main areas. One is that of the helpful people in your life. These people are anyone that we meet in our lives that help us find our way. They can be someone that we see everyday



or someone that we do not even meet but may help us in a small way that we do not realize. This gua also represents the area of travel. It represents the father of a family, the head, the color gray and the direction Northwest.



Kan is the gua that represents your career, hobbies, and skills. Kan is different than the fame gua, Li, because this gua represents what you actually do in life, instead of what you want to be perceived as or known for. Finding employment would stem from



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this gua. Kan represents the middle son, the ears, and the color black. It is ruled by the water element and is associated with the direction South.



Gen is the gua that represents knowledge and self-cultivation.



It enables us to know who we are as people. It is also the gua that represents spiritual growth. It would be most useful in areas of prayer

and meditation in the home. Gen is also the gua of education. This gua represents the youngest son in a family, the hands, the color blue and the direction Northeast.



This gua Jen represents everything to do with the family. It represents your ancestors and your descendants. Different types of families



and nontraditional families fit into this area. Also, very close social groups that one may consider like a family are represented in this gua. Family secrets and early childhood

memories are found in this gua as well. The eldest son and feet are represented in Jen. This gua is ruled by the element of wood and it is signified by the color green. Jen is associated with the direction East.



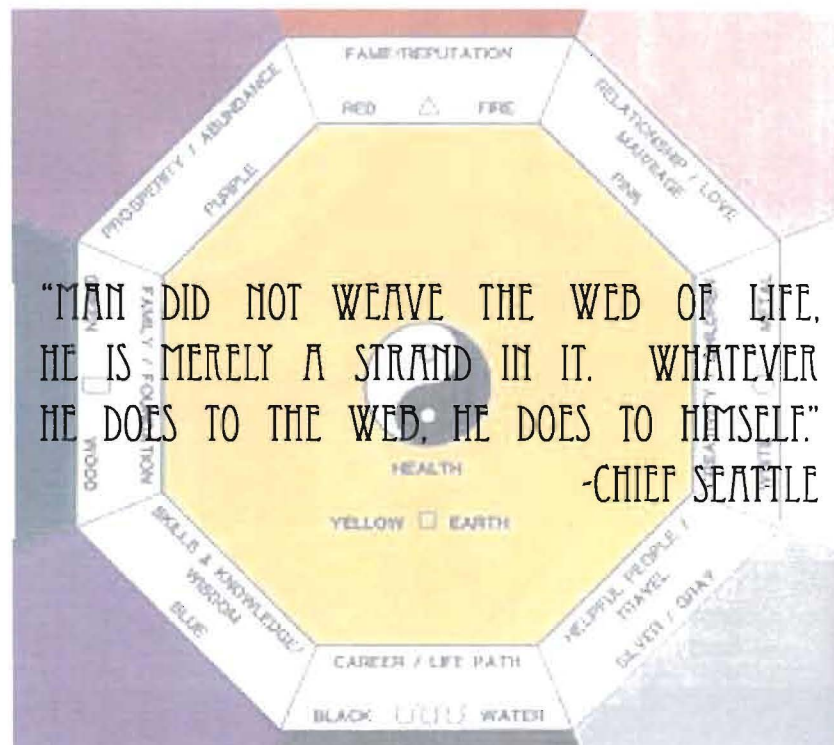
Hsun is the gua that oversees all issues related to wealth and finance. This is the gua that would be best to store valuables in. Hsun also represents power. The hip area, bone structure and the eldest daughter are represented in this gua. The color purple

is associated with Hsun as well as the direction Southeast.



CENTER: MING TANG

The center of the bagua connects all of the eight other sections. It is called Ming Tang and is symbolized by the ying-yang. This area represents all life issues and situations that are not covered in any of the other guas. The center can also be used to reinforce and support an issue that is covered in another gua but needs some kind of additional attention and emphasis. Ming Tang represents all of the family members and all of the body parts that are not specifically located and addressed in another section of the bagua. Ming Tang is ruled by the element Earth and is associated with the color yellow.



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You will need:

1. blank paper



2. pencils with erasers



3. black marker



4. colored markers



5. red marker



6. ruler



How to... use a BAGUA

STEP 1: First, take a sheet of paper and a pencil. Sketch the shape of each room on a separate piece of paper, or the whole floor on one sheet if you have enough room. Make sure you label it with the room title. Outline the rooms, doors, and windows in black. Roughly sketch in the main pieces of furniture. Don't worry if it is not perfect; location is more important in this exercise than a perfect drawing! Remember to add areas such as hallways and closets. If you drew your rooms on different sheets, tape them together. You now have a floor plan to represent your living area!

STEP 2: We are now going to place the Bagua over the floor plan. Pick a room and locate the main entrance way to it. Place the Bagua over the room with the fame section at the top and the career section parallel with the center of the entrance way wall. The doorway will fall into either the career, knowledge, or helpful people section. It is okay if it overlaps into two of these sections, but if it is in any other, the Bagua has been placed wrong. If the room is not a perfect square, you can stretch or shrink the Bagua to fit. This will make certain guas bigger than others, but that is okay! We are basically dividing the room up into nine different areas of ch'i, or energy. Another way to superimpose the Bagua is to take the colored markers and draw nine circles, representing the nine guas, over the floor plan.

The bottom three sections of the bagua (career, knowledge, and helpful people) ALWAYS run parallel to the entrance way wall!

STEP 3: Repeat the previous steps for the entire floor plan of the building. Make sure the FRONT door of the space lines up with either the career, knowledge or helpful people gua. This is true even if you enter the space through a different door more often. The front door was designed as the original door and this is where the original ch'i was designed to enter. If the home has more than one floor, do this for each.

Congratulations! You have now successfully placed the Bagua over your home's floor plan, thereby indicating where the different guas are located in each room and each floor. This knowledge will help you to strengthen and fix particular areas. For example, if you want to enhance a particular area of your life, find that area of a room or floor and paint it the corresponding color, or put something of that color in the area. Knowing where the fame, relationship, children, helpful people, career, knowledge, family, wealth, and center areas are will help you fix problems relating to each area and balance ch'i.

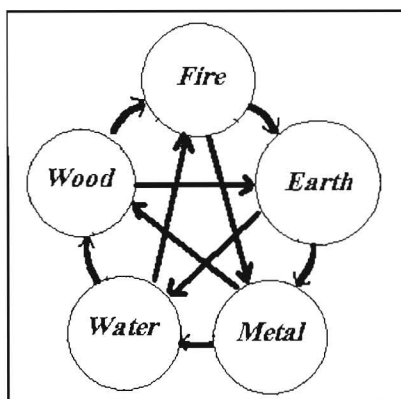
THE *Five*

E L E M E N T S

In the art of feng shui, there are five different elements that shape and determine all sorts of behaviors and activities. They are fire, earth, metal, water, and wood. Each of these elements is associated with a certain color, season, direction, and different parts of the body, among other things. As human beings, we contain all of these elements. Whether we are lacking in an element, have too much of an element, or an even balance causes certain emotions and reactions to everyday situations.

Fire is the element associated with intelligence and energy. It is the element of the color red and represents the summer and the direction South. In the body, the heart is controlled by the element of fire. Earth is the element of endurance and stability. It is represented by the colors of yellow, orange, and brown, and the season of mid-autumn. The spleen and the pancreas are the organs in the body that the element Earth is associated with.

Metal is the element of masculinity and competitiveness. The color white is associated with Metal, as well as the season of Autumn. The lungs and the gall bladder are also represented by this element. Water is the element of everything that flows, including actual water. It is the element of communication, travel, and transportation. It is associated with the color black, the Winter, the direction North and the kidneys.



The final element, Wood, symbolizes femininity, life, organic material, and creativity. It is associated with the color green, the season Spring, and the direction East. In the body, Wood represents the liver.

These five elements are extremely important to the concept of feng shui. They should be considered when a part of life is lacking or needs help. The elements all have influence on each other. This can be beneficial or detrimental depending on if the cycle of interaction is productive or destructive.

The diagram in the middle of this page displays these two different cycles that the elements are capable of. The arrows on the outside, going in a circular pattern represent the productive cycle. The arrows in the inside of the circle, that create the shape of a star, show the path of the destructive cycle.

In the productive cycle, each element can create the next. A burning fire will leave behind earth; earth is where metal is mined from; metal can be melted down and liquefied into substances that flow like water; water is imperative for wood to thrive; and wood fuels fire.

In the destructive cycle, each element is able to destroy and diminish the next. Wood takes nourishment from the earth and has the capability to destroy it, as we have all seen the damage large tree roots can do. Earth destroys water by dirtying it, polluting it, and diverting its flow. Water puts out fire, and fire can melt metal.

Take the quizzes on the following pages to find out how much of each element you have!

FENG FACT

The five elements can work together in two ways: a productive cycle, where each element generates the next, or a destructive cycle, where each element diminishes and reduces the next.

Quiz yourself

Answer the questions below to see how much of the element Wood that you have.



1.

A friend brings up a controversial political issue that you do not agree with. You...

____ A. Interrupt him and explain to him that he may as well not continue, as your views are completely different than his.

____ B. Listen to his points and consider them before deciding on and explaining your own views.

____ C. Realize that you had never considered his points before, and because you are not really sure what you think, agree with him.

2.

You really want to eat at a Mexican restaurant. However, your friend, Sheila, has been craving Italian all day and is trying to influence you to go there with her. You...

____ A. Get take out of each and take them both home and eat them together.

____ B. Decide to go out another night, because you are definitely not going to eat Italian.

____ C. Tell Sheila that Italian is fine, try to forget about the enchilada you were wanting, and hope that you can find something not covered in Alfredo.

3.

You are shopping with a friend at Best Buy. She decides to buy a new IPOD touch that she really doesn't need. Once she checks out she realizes that she is \$50 short. She begs you to spot her the money. You have a car payment due in the next few days and are running low on cash yourself. You...

____ A. Loan the money and live on peanut butter and jelly sandwiches until your next paycheck.

____ B. Tell her there is no way you are doing that, and force her to put back the IPOD. You need your money.

____ C. Tell her that you could loan her half of the money and help her look for a slightly cheaper model.

Points Analysis

3-4 Points--Deficient Wood

You are lacking in the element of wood. You have no strong views of your own. You tend to be a follower. You are easygoing and slightly wishy-washy.

5-7 Points--Proficient Wood

Congratulations! You have the right amount of wood. You are flexible and receptive. You do listen to others, but you are able to figure out your views on your own.

8-9 Points--Excess Wood

You have an excess of wood. You have trouble accepting the views of others. Although you have good intentions, you are too rigid and unwilling to bend. You tend to be prejudiced and biased.

Scoring:

1. A-3 B-2 C-1 2. A-2 B-3 C-1 3. A-1 B-3 C-2

Quiz yourself

See how you rate in this quiz about the Fire in your personality!



1.

You and your significant other are having a group of friends over. You are trying to tell a funny story when your significant other interrupts you and jokingly tells you nobody wants to hear it. It really hurts your feelings. You...

_____ A. Storm out of the room, informing him/her that they won't have to listen to your stories when entertaining alone.

_____ B. Ask him/her to speak with you privately and explain that the joke hurt your feelings and ask him/her not to do it again.

_____ C. Stop talking and force a smile. Entertain your guests and let the issue go. It's not worth an argument.

Your best friend works in the same company as you. You have told him for weeks about the promotion that you are going to apply for. When the promotion is announced, you find out that your best friend got it and applied for it without telling you. You...

2.

_____ A. Congratulate him and later wish you had told him how betrayed you felt.

_____ B. Tell him you are happy for him but wish he had respected you enough to tell you in advance that he was applying for the position as well.

_____ C. Tell him that you can never trust him again and ignore his attempts of reconciliation.

3.

Every Tuesday you play basketball with a group of friends. Each week you are picked last and hardly get to play. You mentioned it to some of them the week before that it bothered you. This week the same thing happens. You...

_____ A. Ask them again to let you play more. Explain to them the game is just for fun, and you will never get better if they don't let you play.

_____ B. Storm out of the game asking them how they would feel sitting the bench constantly.

_____ C. Sit the bench quietly...yet again.

Points Analysis

3-4 Points--Deficient Fire

You are lacking in the element of fire. You tend to swallow your feelings and grin and bare it. While hiding your feelings, you often let dissatisfaction grow and get worse.

5-7 Points--Proficient Fire

You have the perfect amount of Fire! You stand up against injustice. You are able to explain your views and positions but do know when enough is enough and when to stop.

8-9 Points--Excess Fire

It's getting hot in here! You definitely have some excess fire in your personality. You tend to experience emotional outbursts. You are aggressive and tend to lecture and offend others.

Scoring:

1. A-3 B-2 C-1 2. A-1 B-2 C-3 3. A-2 B-3 C-1

Quiz yourself

Take this quiz to figure out if you have the right amount of the element **Earth**.



1.

You promised your brother that you would attend his music performance. At the last minute, your friend calls you with two tickets to an Indianapolis Colts game, your favorite team. You...

- _____ A. Forget the music performance. Your brother will just have to understand.
- _____ B. Go to the performance even though you greatly want to go to the game.
- _____ C. Attend the performance until your brother is done, then cut out to catch the second half of the football game.

Your friend and you order your very favorite deep dish pizza. There is one piece left and you both reach for it. You...

2.

- _____ A. Give it up, even though you know she had one more piece than you.
- _____ B. Quicken your speed and take a big bite before she knows what happened.
- _____ C. Agree to split it.

3.

You accidentally offend your spouse. You do not think it is a big deal at all, but when he/she explains his/her feelings you...

- _____ A. Roll your eyes at their overly dramatic attitude and apologize.
- _____ B. Apologize that you hurt their feelings, explain it was an accident, and move on, after making sure they accept your apology.
- _____ C. Apologize profusely, even after they inform you multiple times that it really is okay.

Points Analysis

3-4 Points--Deficient Earth

You are deficient in the element Earth. You tend to be selfish, opportunistic, and insincere. You get upset if things do not go your way all of the time and are self-indulgent.

5-7 Points--Proficient Earth

You have a great balance of the element Earth. You are loyal, fair, and reliable. You are able to balance caring for others while still caring for yourself. You have the ability to protect yourself when you need to.

8-9 Points--Excess Earth

Too much of the element Earth causes you to be a self-sacrificing martyr. You are overly sincere and too generous.

Scoring:

1. A-1 B-3 C-2 2. A-3 B-1 C-2 3. A-1 B-2 C-3

Quiz yourself

Do you have the right amount of metal in your life? Find out below!



1. You go to a party with a group of friends. When you get there, the hosts do not want one of your friends to go in because of some rumors they have heard. You...

_____ **A.** Listen to what the hosts heard, then help them talk about it with your friend and figure out the truth.

_____ **B.** Inform the hosts that you think their opinions are ridiculous and say if they have a problem with your friend, then they have a problem with you.

_____ **C.** Want to stand up for your friend but cannot find the words.

When walking in the park, you see a couple arguing very loudly. It looks like it is escalating quickly and could turn dangerous. You...

2.

_____ **A.** Turn your head and keep walking. You wouldn't know what to say to them.

_____ **B.** Stay close by to make sure nothing happens. After seeing that it is okay, go on your way.

_____ **C.** Interrupt them and ask them what the problem is.

3.

You are in class taking a test that you have been studying for all semester. You overhear two fellow students cheating and see that they have hidden an answer key that they are referring to. You...

_____ **A.** Raise your hand in and loudly inform the professor what is going on, pointedly informing the class that you just don't understand people like THAT.

_____ **B.** Consider your options. Decide that you are going to tell your fellow students that you saw and wait to see if they turn themselves in. If they don't, you will consider your options again at that time.

_____ **C.** Feel that it is wrong and unfair. However, you don't know what to do or say and don't feel comfortable saying anything at all.

Points Analysis

3-4 Points--Deficient Metal

Your low level of metal causes you to have difficulties saying what is in your mind and your heart. You tend to be cautious, and if something goes wrong, find yourself to be verbally choked.

5-7 Points--Proficient Metal

You have the perfect amount of metal. You think before you speak and are not afraid to speak out against injustice. However, you know when to hold your tongue.

8-9 Points--Excess Metal

You have too much metal! You are a compulsive talker and are constantly getting involved in other people's business. You are argumentative and self-righteous.

Scoring:

Quiz yourself

There are two types of the element Water: still and moving. This quiz is about still water.

● ● ● **still water**

1.

You just graduated from high school. You decide to...

_____ **A.** Keep working at your part time job. You have no desire to spend four more years in school!

_____ **B.** Decide to attend college at the college close to your home. You want to get further education, but don't really want to leave the comforts of home.

_____ **C.** Plan on attending a university on the West Coast, far away from your Indiana home. It is a highly rated school, and you can't wait to excel!

2.

A friend with a different religion than you comes over one day. You get on the subject of his church and he asks you to attend once with him. You...

_____ **A.** Discuss your different religions with him because you are interested to learn more about his views, but stick to your own service.

_____ **B.** Agree to go. You are always looking to increase your knowledge of other cultures and views different than your own.

_____ **C.** Decline and change the subject. You really don't care to have deep discussions like this.

3.

Two famous politicians are coming to town. One is very liberal and the other very conservative. Unfortunately, they are speaking at the same time at different venues. You...

_____ **A.** Decide to listen to the politician with different views than yours. You think it will be interesting and enlightening to hear another perspective.

_____ **B.** Don't go to either. Your favorite television show is running a marathon all day.

_____ **C.** Go listen to the politician with the same views as your own. You have admired him for a long time and would love to hear him speak. You really don't care to hear the other politician. You aren't missing much!

Points Analysis

3-4 Points--Deficient Still Water

You do not have very much still water in your personality. You tend to be ignorant and narrow minded. You are intellectually limited.

5-7 Points--Proficient Still Water

You have a normal amount of still water. You are clear, deep, and smart, but you do have limitations. You are willing to explore your own environment but are hesitant to go too far outside of your comfort zone.

8-9 Points--Excess Still Water

A large amount of still water causes you to be very intelligent. You are reflective, expansive, and open to new ideas. You are very wise.

Scoring:

1. A-1 B-2 C-3 2. A-2 B-3 C-1 3. A-3 B-1 C-2

Quiz yourself

Take this quiz and find out how much moving water there is in your personality!

moving
water

1.

An ideal night for you involves...

- ☐ A. A good book and your pajamas.
- ☐ B. Meeting some friends out and heading home to relax after socializing for a few hours.
- ☐ C. Bouncing from social engagement to social engagement all night long.

2.

Your company has a new position opening up. It requires meeting with many different vendors and would greatly increase the amount that you travel. You...

- ☐ A. Snatch up the new job! You will seize any opportunity of advancement.
- ☐ B. Talk with your boss about the possibility of setting up video conferences that would allow you to work out of your home from now on.
- ☐ C. Stay where you are. You have finally established a balance between work and your home life.

3.

You went out to dinner on Friday night. The next morning you realize you do not have your cell phone and figure out that you must have lost it sometime during the night. You...

- ☐ A. Try calling it a couple of times. Call the places that you were to see if someone turned in a cell phone. You aren't too worried, but if it doesn't show up in a few days you will have to get a new one.
- ☐ B. Think it will show up somewhere and actually prefer that no one can reach you.
- ☐ C. Rush to the places you were and when you don't experience any luck, book it to the cell phone store. You go crazy without your phone and have to be available to everyone at all times!

Points Analysis

3-4 Points--Deficient Moving Water

A deficiency of moving water decreases your desire for contact with society. You are a home-body and would be perfectly content to never go out.

5-7 Points--Proficient Moving Water

You have a nice amount of moving water. You are social and are able to balance all of the different aspects of your life, from work and home to friends and family.

8-9 Points--Excess Moving Water

Having a great amount of moving water makes you constantly on the move. You are almost never at home and take any opportunity that you can.

Scoring:

1. A-1 B-2 C-3 2. A-3 B-1 C-2 3. A-2 B-1 C-3



The practice of feng shui is all about finding the balance in life. This balance is represented by yin and yang. Yin and yang is the concept of light and dark, good and evil, rest and activity, that balances out the universe. Every home has a balance of yin and yang energies in it. When these are in perfect balance, a harmony in the space results. When these two types of energy are out of balance, several negative effects can occur in one's living space from a lower quality of health to a financial loss.

In order to understand how these two types of energy affect one's home, it is first important to fully understand

what each one really represents. Yang is what forms life. It represents activity, light and fire. Yang also symbolizes buildings, large landscapes such as mountains and the dragon. Yin, on the other hand, represents the opposite of life. It symbolizes more negative energy, darkness, the moon, soft textures, and death. The tiger represents yin energy.

In the symbol representing yin and yang, one may notice that a small amount of yang is represented in the portion that symbolizes yin and vice versa. This symbol shows that there is always some light in the darkness and always a little dark in the light. No type of energy can

really exist without the other.

Though one may not notice it, yin and yang energies are constantly interacting. Everything from our seasons to night and day represent the continual sway between lifeless yin energy and excited yang energy.

In the home, yin and yang play an important role in how well your house is harmonized. Colors, decorations, and textures can make a significant change in the chi that fills each room. Knowing that every object needs to be balanced in relation to others in the home and being aware of how to do that will significantly change the energy present.

Everything from wall

beginnings

There are numerous different attributes of yin and yang chart that summarizes some of the major characteristics of each.

-This chart and other information can be found in, The Complete Illustrated Guide to Feng Shui by Lillian Too.

Yin	Yang
Cold	Warm
Winter	Summer
Water	Mountains
Passive	Active
Moon	Sun
Tiger	Dragon
Odd #'s	Even #'s
Female	Male
Dark	Light
Rain	Sunshine

“Colors also work wonders for Yin/Yang balance. Colors of walls and ceilings should be balanced in order to create healthy amounts of Yin and Yang.”

-The Complete Illustrated Guide to Feng Shui

• colors to textures should be balanced in order to create the proper levels of energy.

• One of the main ways in which to create better harmony is to simply paint. Walls and ceilings should consist of light and dark colors in order to balance one another out. If you use light ceilings to contrast with dark walls or use a combination of light and dark walls throughout the space, you are ensuring that neither yin nor yang become stronger than the other.

• The second main factor in any room is the furniture. Furniture can be distinctly Yin or Yang based on the shape or weight of the piece. Darker, heavier pieces of furniture, such as wood desks or solid wood beds, hold more yang energy and can be balanced with lighter colored pillows and flowers.

• Aside from some of the more prominent features of a home, even more detail can be observed when evaluating

the levels of yin and yang energy in a home. Such small details include everything from the types of accessories being used to the textures of these accessories. As mentioned previously, yin is associated with softness. Pillows and blankets can be used to add more Yin to rooms that have too much yang energy in them. Likewise, sculptures that represent something strong can be added to rooms that are dark or infrequently used in order to balance high levels of yin. The textures of these objects is also important to consider before adding them into a space. Textures play an important role in every room of the home. By using a mixture of smooth textures or finishes as well as more natural, rougher ones a higher level of balance can be achieved.

When following the principles of yin and yang energy in the home, better health and prosperity will result.



“**COLOR** is no different than
emptiness;

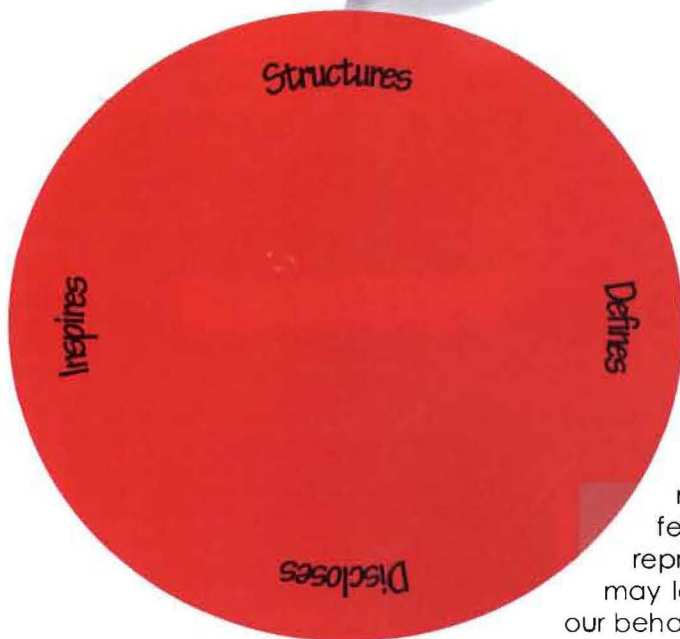
emptiness is no different
than **color**

Color is emptiness; ”
emptiness is color.

What does

color

do for us?



Color affects our day to day lives in many ways. It defines what does and does not exist. Without color, we do not see anything, and what we do not see therefore is not present. Color also discloses the status of one's health and fortune. You can tell by one's color if he or she feels nauseous, is scared, or is embarrassed. We also know that financially we do not want to be in the red! Color also inspires emotion. We may paint the room of our house to make us feel calm or happy, or we may wear colors that represent how we feel that day, or perhaps how we may long to feel that day. Finally, color also structures our behaviors. Society has taught us not to wear white to a wedding and that it is appropriate to wear black to a funeral.

Many people are not aware of how prevalent color is in their lives. Throughout the world, color is used to describe emotional properties. If someone is having a bad day, they may say that they are "feeling blue." A jealous person may be "green with envy," and if we are very angry we just may start to "see red." Color is important to the art of feng shui because it can stimulate or depress our ch'i, which maintains our physical, emotional, and environmental balance. If we learn to use color in ways that benefit us and balance our ch'i, we can thereby improve our lives and ultimately, our destinies.

"Sit in reverie, and watch the changing color of the waves that break upon the idle seashore of the mind."

- Henry Wadsworth Longfellow

FENG
FACT

There are 6 areas of life that are affected by color: transportation, shelter, clothing, leisure activities, food and personal cultivation.

FENG
FACT

What

COLORS

"I found I could say things with color and shapes that I couldn't say any other way - things I had no words for." - Georgia O'Keeffe

stand for

RED Red stands for happiness, warmth, fire, strength and fame. It is a very powerful color that acts as a stimulator and an energy source. Using the color red is also a great way to get rid of bad ch'i! Red is associated with the element of Fire.

PURPLE Purple is the color most associated with nobility. It inspires respect and is viewed as being lucky.

YELLOW This color invokes feelings of power, tolerance, patience and wisdom. Yellow is the color associated with the element of Earth.

GREEN Green is the color of tranquility. It inspires hope, gives a feeling of freshness and represents spring growth. Green is also the color associated with the element of Wood.

BLUE Blue is the color that best represents depth. It is associated with new growth and spring; however, it can also sometimes be associated with the process of mourning.

GRAY Gray is an interesting color that has several meanings. It is somewhat divided because it comes about from the marriage of black and white. This causes gray to have associations of balance and a resolution of conflict. To some, gray stands for frustration and hopelessness, but to others it is positive.

BROWN Brown stands for the passage of time. This color represents stability and establishment.

TAN The color tan is a fresh and light color. It represents new, successful beginnings.

ORANGE Orange is a very positive and warm color. It represents the feelings of happiness and power.

PINK Pink is a color associated with females in Western cultures. Universally, this color represents love, pure feelings, happiness, and romance.

BLACK Black has the most negative connotations of any color. It stands for depth, for lack of hope, and for depression. Black is the color associated with the element of water.

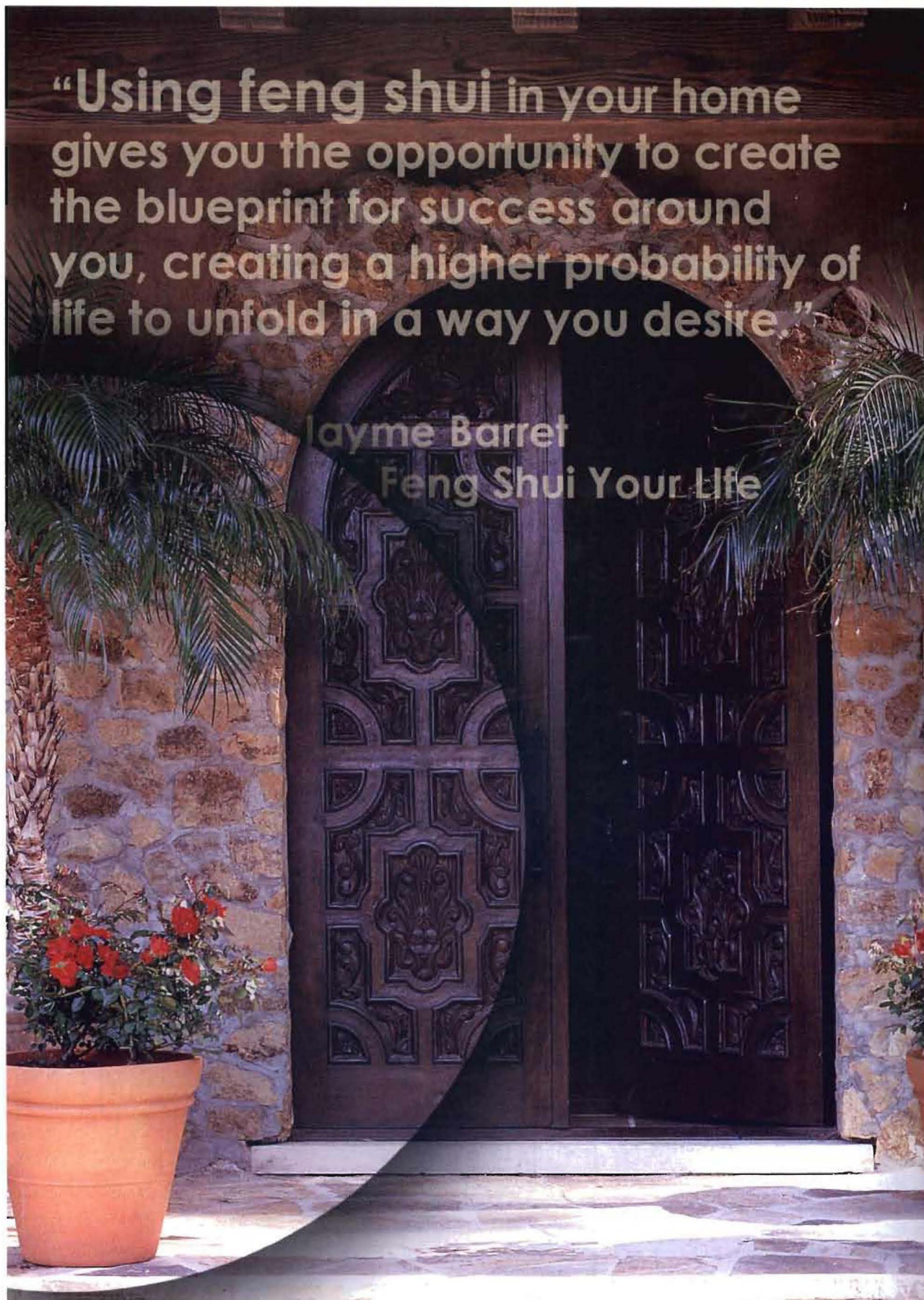
PEACH Peach is the color of attraction and love. For this reason, it is a good color for single people but bad for married couples.

DID YOU KNOW?

Colors may have different meanings according to different cultures. In the West white is associated with purity and weddings, but in China it is associated with winter, death, and funerals.

"Using feng shui in your home gives you the opportunity to create the blueprint for success around you, creating a higher probability of life to unfold in a way you desire."

Layme Barret
Feng Shui Your Life



Welcome home

Creating the perfect entrance to your home can enhance your career, boost your relationships and improve your ch'i.

The entrance to the home is one of the most important aspects in feng shui. This part of the home has the power to excite, invite and invigorate those entering your home as well as the ch'i that flows into your space. At the same time, a poorly designed entrance can do the opposite.

Traditionally, the front door symbolizes the entry point into the home for everything from ch'i to the luck and fortune that may be coming. As a result, it is important to make sure that the entry is attracting the positive ch'i and the type of attention desired for your space. Not only can this space affect the type of luck that you have, it also has the power to influence how people feel about you and how you perceive yourself and your surroundings.

Creating positive energy through color and decor

When creating an entrance, it is first necessary to decide what you want to achieve in your life. If you are looking for a new job, a promotion, or just improved success at work, a red door may help boost the chi flowing into your home. Red also attracts new opportunities. To further boost the level



of fortune or success, use more expensive looking accessories such as nice flower pots with exotic flowers to help attract more wealth. Furthermore, items such as a small fountain, which helps promote circulation and new growth can also increase prosperity and success.

If other aspects of your life are important to you, such as finding love or strengthening existing relationships, planting fragrant flowers in pots or along the porch can enhance your space.

Discovering the perfect pathway

When walking towards your doorway, the journey can also affect your ch'i and the perception you provide to others.

For instance, sharply shaped sidewalks or dead

plants next to the walkway can cause ch'i to become slow or stagnant. Therefore, the energy entering your home or surrounding your loved ones is not positive and can have adverse affects on everything from your finances to your health. In order to avoid this, make sure that your sidewalk is kept neat, and that the plants surrounding it are healthy and colorful. In addition, avoid plants such as cactus that are spiky or have sharp angles, as these are believed to throw out negative energy. In feng shui, it is also common practice to hang a wind chime near the front door in order to attract positive energy through the pleasant noises that result. The chimes are also believed to keep negative ch'i flowing and to point this energy in the opposite direction of your house.

In addition to energy moving too slowly, it can also

move too quickly and enter your house at speeds that are considered unhealthy. To avoid this situation, make sure that sidewalks which approach the house directly, without curves or bends, are softened and have interesting focal points along the way. By creating spots for energy to stop and be redirected, you will cause some of the energy to be deflected and reduce the speed with which the energy enters the home. Examples include planting flowers along the path that leads to the front door, placing an interesting fountain near the walkway, planting trees that have potential to grow larger, and placing a resting

spot such as a bench or other seating area along the path.

Planning for your visitors

Finally, one of the most important components of the front entrance is to make sure it is welcoming and friendly to visitors. In order to achieve a more inviting front door, you should make sure to keep a clean, bright welcome mat on the ground in front of the door. It is also beneficial to keep a neat and clean porch, free from cobwebs, debris, and leaves. In addition, hanging a welcome sign near the doorbell will also show your hospitality to those at your home.

Planting flowers along paths leading to the front door will help to soften the entrance.



What does your front door say about you?

The color of your door is an important part of what your house reflects to others about yourself. Selecting a color should be done thoughtfully in order to provide the right impression to others as well as to reinforce your own goals and identity. Below are descriptions of what some colors project to the rest of the world.

Red: You are strong and confident with financial security and abundant prosperity.

Green: Your home is a retreat and meant for healing and relaxation.

Purple: You are lofty and consider yourself above others.

Peach/Pink: You are creative and looking for romance.

Quick tricks to boost your entrance

Make sure there is a variety of fresh smells to enhance the walk for visitors.

Add plenty of lights so the entrance is easy to see and bright.

Touch up any worn paint so that everything is fresh and crisp.





The Kitchen

The kitchen is an extremely important part of the home in the art of feng shui. A kitchen is a very central location: much in the house goes on here. It is where the family is fed and nurtured, and it is ultimately responsible for the health and energy of the occupants. The kitchen represents

with our wealth. The kitchen is one area of the house where several elements can be found. Fire and water are found here, along with metal in the form of cooking utensils.

The kitchen should ideally be placed in the fame area of the bagua; however, anywhere along the line of fire or

wood is good. the ch'i of the kitchen will be transferred to the food. One way to insure that the ch'i of the cook is positive is to hang a wind chime above the stove where the cook most frequently stands. This will improve the cook's ch'i and the ch'i that the food made in the kitchen will be exposed to.

Natural light is very important in the kitchen. If it is possible, it should be the room in the home with the most exposure to natural light.

It is crucial to the well-being

The stove is very important in the kitchen. The burners should be kept clean and should not be dirty or unused. It is best to rotate the amount of use between all of the burners. The burners represent wealth, so this is to keep the wealth energy of the kitchen active and in working order. The more that you use your burners, the more access to wealth you will have. You can even further this effect with the addition of a mirror behind the stove. This will double the number of burners, again improving your finance.

"The kitchen symbolizes the wealth of the family. It is where the family's food is cooked, and the quality and quantity of food available in a home strongly reflects the family's prosperity, overall health, and well-being."

- The Complete Illustrated Guide to Feng Shui

the element of fire. This is another reason that the kitchen is so important, because fire is the element that is associated

of members of the household that the kitchen is an area of positive ch'i. The energy and emotions of the cook and

The position of the stove is also crucial to the proper feng shui of the kitchen. It is best if the stove is located so that the cook will have a direct, unimpaired view of the entrance or doorway into the kitchen. However, the stove should not be straight in front of this entrance. Wherever the stove is located, it should never be in a position that forces the cook to have his or her back to the door. This could cause the cook to be startled or anxious and unaware of what is going on around him or her.

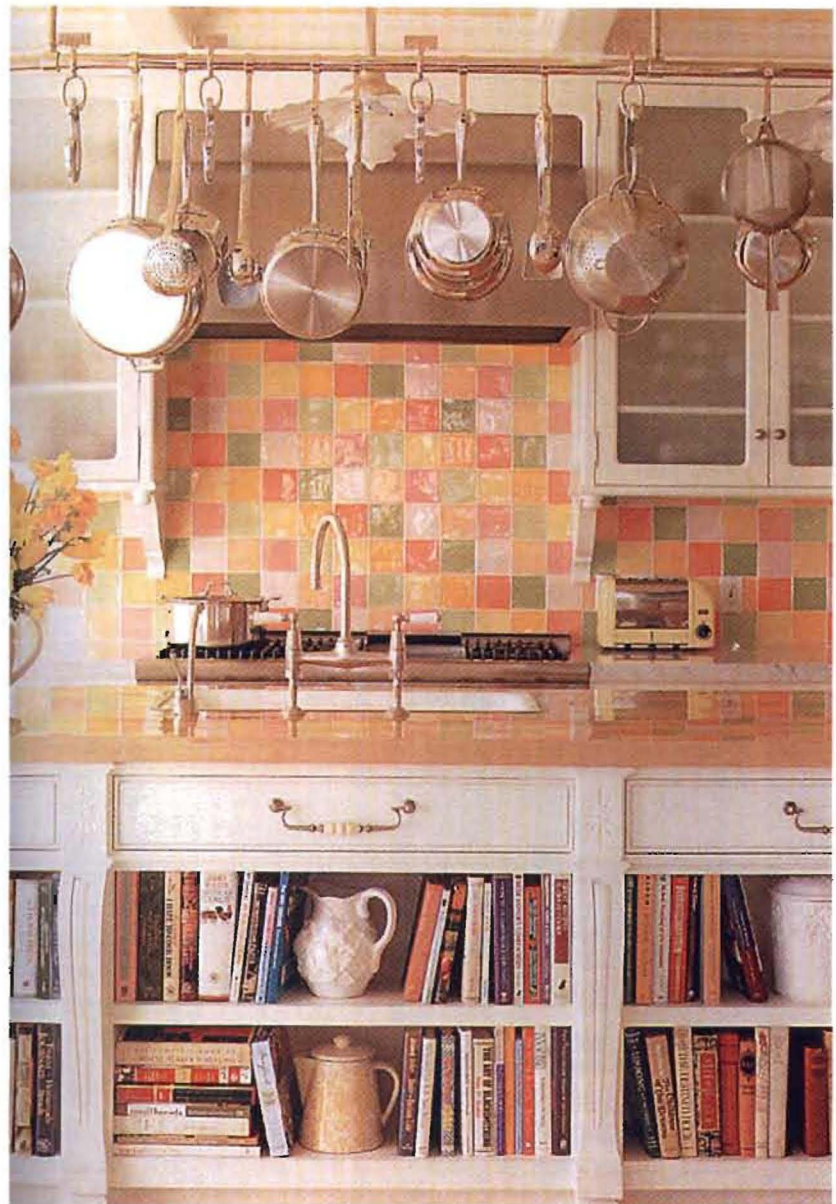
Neatness and organization are always important in feng shui, and especially so in the kitchen. There are many open expanses for clutter to form; however, this should be avoided. The kitchen table should be clear with an even number of chairs placed around it, and like the stove, should not be in the direct line of the doorway. Cabinets, cupboards, the refrigerator, and drawers should also be kept in order.

The refrigerator should not be placed next to the stove. This would put the elements of fire and water directly next to each other. As the interaction of these two elements only occurs in the destructive cycle, with water putting out fire, this should be avoided. If this is the only possible arrangement, you can help the problem by adding a mirror to the area around the stove.

By keeping the right aspects of the kitchen in the right areas and keeping clean and organized you can improve the ch'i of the kitchen, creating the perfect space to compliment your wealth and your health!

"When the cook is facing the door and has ample light with good ventilation, we consider this 'good feng shui.' Although many factors enhance one's wealth quotient, this particular layout positively contributes auspicious ch'i to the occupants' financial potential."

-Feng Shui: Harmony by Design





Living Room

The living room is an area meant to provide relaxation to residents and guests. Positive ch'i should enhance this oasis of liveliness and leisure.

The living room is vital to a house's environment because it serves to accommodate visitors and residents alike. For this reason, it needs to be a happy, cheerful, and welcoming space. This is one of the most public places of a home and needs to be able to accommodate many people. A living room should be an area where you can go and know that you are not at work, but at leisure and where your ch'i can be replenished. Because the living room is not an area meant for work, it is important that we do not bring our work into this space. This will diminish the relaxing and healing powers of this area.

When designing your living room, you need to primarily focus on the things that make you the most comfortable and that increase your ease of relaxation. If it helps, make a list of these. Make sure to incorporate them into the space. Artwork should help to convey this feeling of relaxation as well.

Make sure that you do not overcrowd this room with excessive or extremely large pieces of furniture. The ch'i needs to circulate in this space and bulky furniture will disrupt this flow. Pay attention to the shape of the room when picking pieces of furniture and mimic it.

Furniture position is important, just as furniture selection is. If you intend to entertain in your living room, the furniture arrangement should be conducive to this. Make clusters of furniture, with pieces facing each other. This will help to encourage guests to com-

municate and converse with each other and will increase the positive emotions and energy in the room. It is best to have furniture placed on all four walls of the room and to avoid having any furniture where someone's back would be facing a window or an entrance way. This can make people feel nervous and insecure and detract from the positive ch'i in the room. If there

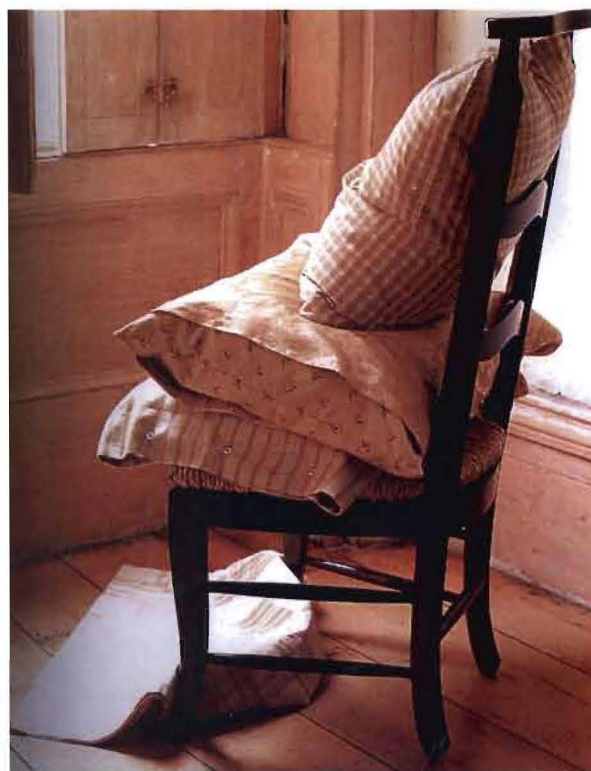
are ceiling beams, try to avoid placing seating under them. The beams can cause the person occupying the seat to feel smothered and oppressed.

"Whatever style of decor you choose- formal, casual, traditional or contemporary - your living room will affect your friendships, family relationships and your success."

-Feng Shui: How to create harmony and balance in your living and working environment

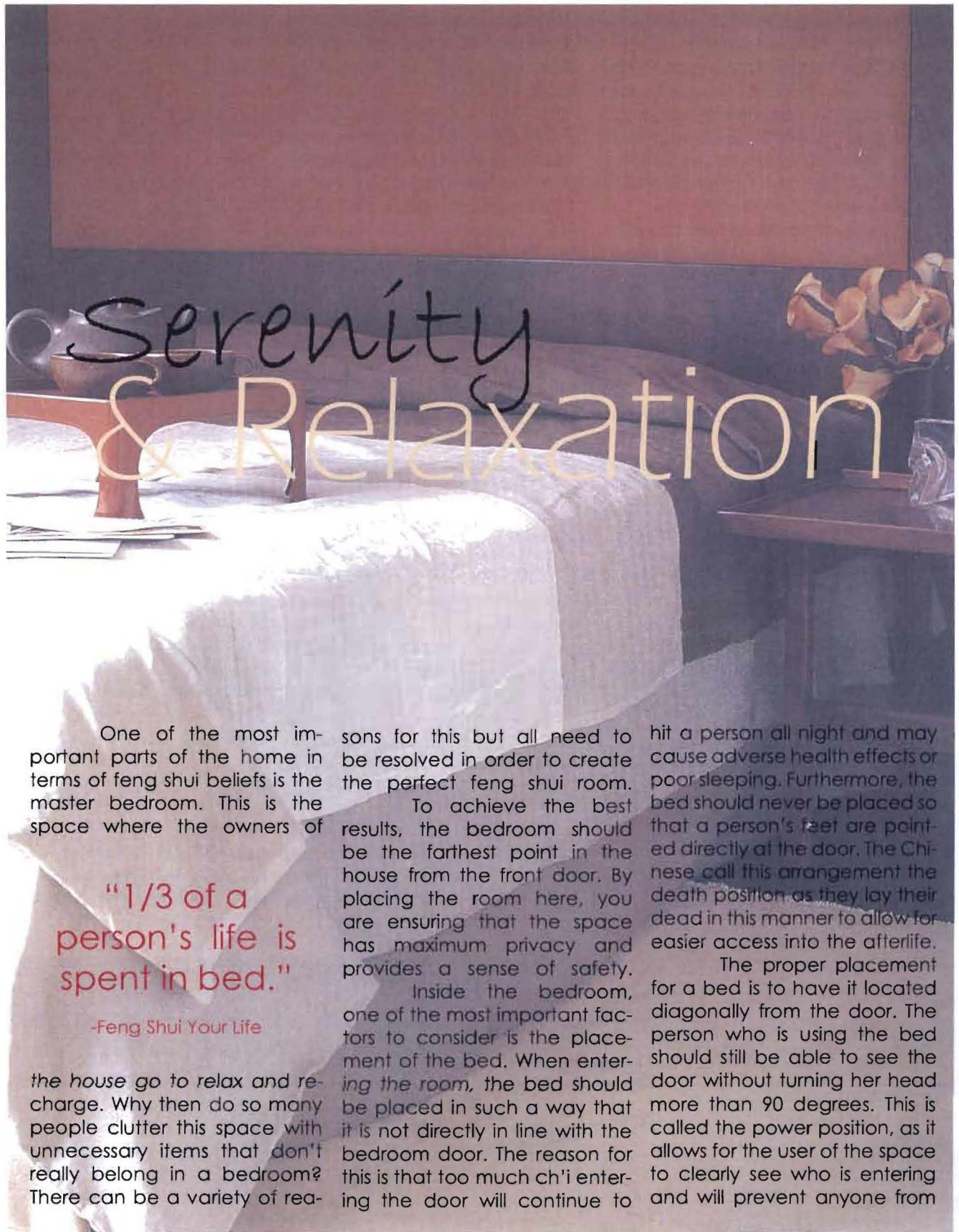
Placing a table between two seats will help to reduce barriers among people and will help to make them more comfortable.

Lighting is also an important aspect in the feng shui of the living room. It is helpful if the lighting in the space is flexible and can be used in different combinations



to create different moods for different times. This will help when entertaining, as you may like to have more than one type of gathering or group of people. If you do not have access to many different types of lighting, a simple solution for this is a three way bulb which can provide dim, medium, or bright lighting.

The living room should be full of different colors, shades, and patterns. The best colors to use are yellow, beige, green, and blue. Ultimately, this needs to be a space where you and your family can relax and where you feel comfortable entertaining. Use these tips to create this great spot in your home!



One of the most important parts of the home in terms of feng shui beliefs is the master bedroom. This is the space where the owners of

sons for this but all need to be resolved in order to create the perfect feng shui room.

To achieve the best results, the bedroom should be the farthest point in the house from the front door. By placing the room here, you are ensuring that the space has maximum privacy and provides a sense of safety.

Inside the bedroom, one of the most important factors to consider is the placement of the bed. When entering the room, the bed should be placed in such a way that it is not directly in line with the bedroom door. The reason for this is that too much ch'i entering the door will continue to

hit a person all night and may cause adverse health effects or poor sleeping. Furthermore, the bed should never be placed so that a person's feet are pointed directly at the door. The Chinese call this arrangement the death position as they lay their dead in this manner to allow for easier access into the afterlife.

The proper placement for a bed is to have it located diagonally from the door. The person who is using the bed should still be able to see the door without turning her head more than 90 degrees. This is called the power position, as it allows for the user of the space to clearly see who is entering and will prevent anyone from

"1/3 of a person's life is spent in bed."

-Feng Shui Your Life

the house go to relax and recharge. Why then do so many people clutter this space with unnecessary items that don't really belong in a bedroom? There can be a variety of rea-

"sneaking" up on them. If this is not possible to achieve, for instance, the door is located behind the head of the bed, then a small mirror can be placed in a position that allows it to reflect the doorway. In addition, the bed should be placed on a solid wall if possible. Placing a bed underneath a window should be avoided if at all possible as ch'i can flow out windows. Another architectural feature to avoid in the bedroom is the use of beams on the ceiling. Beams are believed to be extremely harmful in terms of health and relationships if the room serves a couple. When a bed is placed un-

derneath a beam or several beams, it is believed that the body parts falling directly below them will experience some type of health failure. If the beam is located above a person's head, for instance, then that person may see a higher

frequency of headaches. If a beam falls over someone's stomach, they may begin to have severe stomach issues.

Just as there are several health problems that can result from placing one's bed under a beam, there can also be serious penalties to a relationship.

Architectural features, such as exposed beams, can be extremely dangerous in the bedroom in terms of health and relationships.

When a beam runs directly along the center of a bed, it is believed that the relationship is symbolically being split apart. Those occupying rooms that fit this description may begin to notice more fights occurring with their significant others and may even notice a feeling of distance and separation.

In feng shui, remedies for problems such as the ones mentioned above are known as "cures". The cures for having large windows in your bedroom include

placing heavy curtains over the windows to prevent significant amounts of ch'i from escaping at night. In order to combat large beams from causing adverse health effects and relationship strains, a person has two options. The first of these is to hang crystals along the beams in an attempt to scatter the energy and to prevent any negative chi from falling straight down. Additionally, one can simply paint the beams the same color as the ceiling in order to reduce the effects of these architectural pieces.

Aside from the main placement of the bedroom and physical structure of the space, one must consider the types of ornamentation being used. The bedroom is a place for individuals or couples to relax, given this, it is important that there aren't images or objects that remind the owners of something negative. Soft, romantic decorations are best for this space.

By carefully placing one's furniture and selecting the right decorations, the bedroom, master or guest, can be an extremely powerful room in terms of improving mental and physical health.



Placing objects in pairs in the bedroom can actually work to improve relationships or to attract new ones. Here are some ideas to try.

- Place two candlesticks on your night stand or by your mirror.
- Even if you live alone, place your bed so that a night stand can be placed on either side of the bed.
- Hang a romantic picture of two people dancing or walking together.

Feng Shui in the bathroom

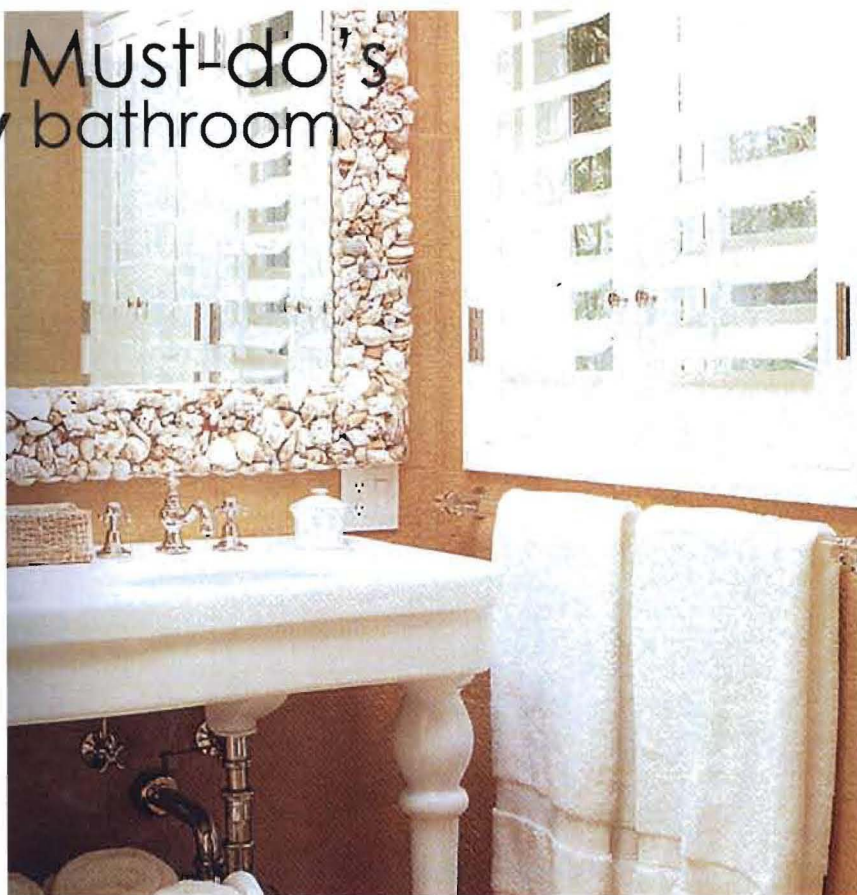
Though there are several rooms that may seem to take the primary focus of the home, the least likely is perhaps the most important. This room is the bathroom and though typically overlooked, it is the space in every home that represents the financial situation of the family or owner. As odd as this seems, the reason for this is that water represents money and financial growth. While this room does contain a lot of water, extra care should be taken in the bathroom as it also contains several drains where water or finances can flow out or be flushed away.

Some important tips to re-

member in order to make your bathroom successful include locating the bathroom far from the front door in order to maintain a symbolic freshness in the rest of the house, keeping the toilet separated from the rest of the bathroom, and using a variety of textures and colors. Also important to remember is to use one large, solid mirror in the bathroom. Though it can be trendy to use several smaller mirrors, this represents a break in the stream of your finances and could cause undesirable results. Mirrors should also have a large texture around the frame in order to stimulate the mind in the morning and to create positive energy.

3 Important Must-do's for **every** bathroom

1. Keep the bathroom well lit
2. The bathroom must be clean at all times
3. Install a good ventilation system



Helpful HINT

Avoid flushing away your wealth by keeping the door to your bathroom closed at all times and drains covered.

Creating the perfect Garden

While the indoors is a primary focus of feng shui, some believe that the place where true harmony can be achieved is only in the garden. Gardens are meaningful for a number of reasons. They symbolize growth, nurture health, and support a balanced lifestyle. Even small spaces such as the patio seen in the image to the left can be just enough space to create that perfect oasis.

The elements necessary for a garden include a variety of plant types, make sure to avoid any plant with sharp edges as they encourage negative chi, water features, and proper light. To make this space even more comforting, soft textiles such as pillows and throws.

Plants to add to your shopping cart:

Golden Pothos * Rubber Plant * Jade Plant * Pink Splash Polka Dot Plant * Bamboo Palms * Orchids

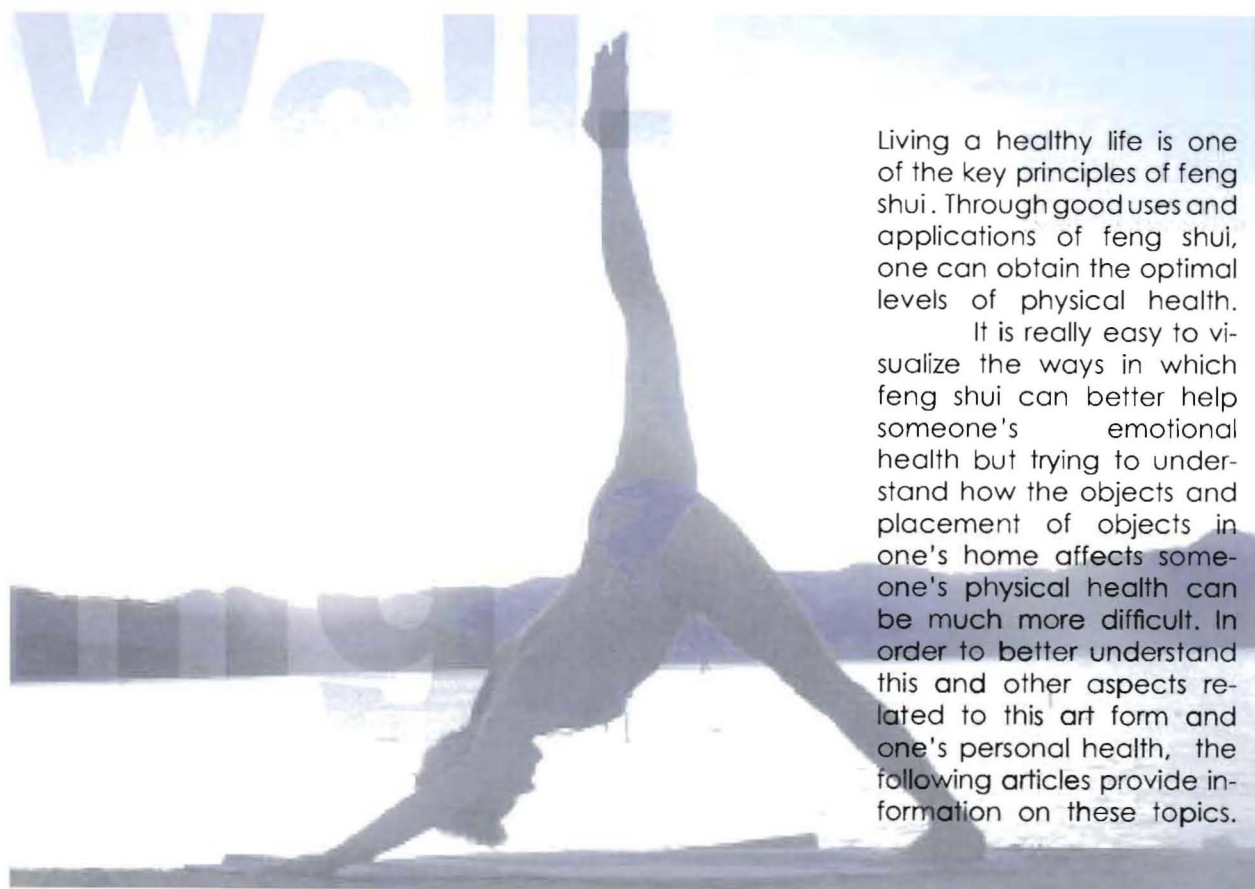
you should never buy: Plants

Bromeliads * Cacti * European Fan * Palm * Venus Flytrap



Health is the soul
that animates all the enjoyments of life,
which fade and are tasteless without it.

-Sir William Temple



Living a healthy life is one of the key principles of feng shui. Through good uses and applications of feng shui, one can obtain the optimal levels of physical health.

It is really easy to visualize the ways in which feng shui can better help someone's emotional health but trying to understand how the objects and placement of objects in one's home affects someone's physical health can be much more difficult. In order to better understand this and other aspects related to this art form and one's personal health, the following articles provide information on these topics.

"Feng shui has a large role to play in creating an environment that encourages good health."

-Feng Shui for Success & Happiness

Maintaining your mental health through feng shui

One of the main benefits of feng shui is to improve one's health and to create a more harmonious life. While there are several ways to accomplish this goal, one of the easiest is to keep your home clean and organized in order to best benefit your mental health.

For most it seems logical that having one's home organized keeps life less stressful, but this concept can sometimes be so simple that it is easily overlooked. By keeping items cleared away from counter tops and organized in a logical manner, one can eliminate a significant amount of stress in his or her life.

Furthermore, allowing for more clear, clean spaces in the home encourages new growth. When there is additional space on one's book shelf, counter or closet, people leave their minds free to imagine new possibilities. This can not only be relaxing but can stimulate the mind in a manner that is positive. For example, when space is left for new growth, one has room to learn and experience new things previously left unexplored.

By making a few small, organizational changes in one's home and staying on top of cleaning, one can easily relieve stress and improve health.

Physical Health

Improving your physical health can be easier than you think with a few simple tricks and rules for your home.

While most people typically think of feng shui as helping to improve the emotional and mental sides of health, it can also be an effective tool to redefine the quality of one's physical health.

Though keeping the house clear from clutter and bringing in fresh air are more common means of achieving better health benefits, one of the most important factors to consider is the less obvious architectural details in one's home. Sharp angles and heavy objects over one's head can not only be physically dangerous but can also create more abstract health problems in the body.

For instance, large beams located over one's bed are believed to cause serious health problems depending on which portion of the body is located underneath them. If, for example, a beam is located

over one's head, it could cause significant headaches over time. Furthermore, if such structures are located over other parts of the body, they are even considered to cause cancer.

Another aspect to consider to improve your physical health is to arrange all of your furniture in power positions so that your body never feels under attack. Power positions are those in which one is capable of seeing the main entrance for guests or visitors without having to turn his or her body completely around. If one must turn his or her head past his or her shoulder in order to see someone approaching, one is not in the power position. Over time, being located in such a position can take a significant toll on the physical aspect of the body. For instance, one may realize that he or she has become incredibly tense, resulting in muscle or joint pain.

If you are a person that does not necessarily believe in the more abstract relationships between the physical environment and your health, then there are other aspects of the home to consider that may seem more realistic. For instance, if you are looking for a more concrete and provable way to improve your health in the home, avoiding sharp angles is something you will want to commit to in your space. Designing without such angles in the home will not only improve the ch'i flowing through the space, but will also provide obvious health benefits. For example, left unresolved, sharp angles in the space can cause people to accidentally injure themselves.

By practicing some or all of the suggestions listed above, one will soon notice the numerous health benefits that will soon result.



In order to fully relax, it is important to always be resting in the power position.

In this issue...

During our research, we reviewed several sources to gather information for our articles. Following are the sources used for the articles, information and images found in the pages of this magazine:

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